

## Land Fitness Classes

### Mornings

TLC Chair Fitness Class	Thursday	9:15 - 9:50 am	GYM A
Yoga with Jeanie	Tues. & Thurs.	9 - 10 am	MULTI
Senior Cardio Circuit	Tues. & Thurs.	10 - 11 am	GYM A
Body Pump	Mon., Weds., Fri.	9:30 - 10:30 am	MULTI

### Evenings

Yoga	Thursday	6 - 7 pm	MULTI
Zumba	Mon., Tues., Weds.	6 - 7 pm	MULTI
Zumba Toning	Tues. & Thurs.	7 - 8 pm	MULTI

## Pool Fitness Classes

Hydro Training Class	Tues. - Thurs.	9 - 10 am
TLC Aqua Class	Mon. - Fri.	10 - 11 am

**WARREN**  
COMMUNITY CENTER